OSC UPDATE . . . .

And the road ahead

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OPERATIONAL STRESS CONTROL
Navigating Stress ★ Building A Resilient Navy

OSC: Program Overview

- Comprehensive approach to address the psychological health of Sailors and their families
- Provide decision making tools for Sailors, leaders and families to:
  - Build resilience
  - Identify stress responses
  - Mitigate problem stress
- End state: Mission-Ready Sailors, Families, and Commands

Line Owned and Led… Medical Supported

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Stress Continuum Model

Stressor

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
• Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families	• Distress or impairment • Mild and temporary • Anxious, irritable, or sad • Physical or behavioral	• More severe or persistent distress or impairment • May leave lasting memories, reactions, and	• Stress injuries that don't heal without help • Symptoms persist for >60 days, get worse,

Unit Leader Responsibility

Individual, Shipmate, Family Responsibility

Caregiver Responsibility

return

OSC Program Elements

- CONOPs and Doctrine
  - NAVADMIN 322/08 released Nov 2008
  - Input from stakeholders across the Enterprise; formal Governance Board in place
  - Joint USMC / USN publication (MRCP 6-11c/NTTP 1-15); release date Aug 2010
- Assessment and Analysis
  - Training Surveys, Focus Groups, Behavioral Health Quick Poll, Lightening Poll, Questions for Navy-wide surveys, Policy Review
- Strategic Communications and Marketing
  - Posters, flyers, postcards, pocket cards, tri-folds, CNO and MCPON videos, "*All Hands*" magazine spread and TV special, Dedicated OSC Website, Social networking (Facebook, Twitter), 10 Infomercials, CNO Announcements

Training and Education

- Phase I – FY08
  - NKO OSC webpage
  - OSC Awareness, pre- and post-deployment training
  - **>110,000 trained to date**
- Phase II – FY09
  - Mission and community specific training
  - Roll-out formal training modules
    - 100 Learning Objectives
    - 13 Modules / 23 Courses of Instruction
    - Both instructor led and web-based
  - All career milestones captured
    - Recruit, OCS, ROTC, Officer Accessions, Apprentice
    - PO3, PO2, PO1, CPO, Divo, DH
    - SEA, CMDCM, CL
    - Family and CFC
- Phase III – FY10 and beyond
  - Navy OSC Leader Course
  - Curriculum maintenance

Behavioral Health Quick Poll: Findings

Stress has Increased

- Work stress has increased since 2005 (from 58% to 74%)
- Family stress has remained relatively constant

Performance is Impacted

- Sailors reporting that they are working below their normal level of performance nearly doubled between those who reported “no stress” and those who reported a “little/some stress”

Impact of Stigma

- “Very stressed” Sailors perceive the most stigma and are least likely to seek help
- Sailors thought Shipmates and leaders would be supportive if they needed help with stress, but thought there would be negative consequences

Stress Impacts Retention

- The higher the reported stress level, the more likely the Sailor is to leave the Navy

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OSC Blog

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How do you relax?

Published on April 30th, 2010 — *no comments*

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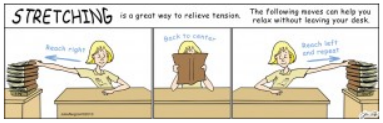

How do you relax? Are you among the 80% of Sailors who say they use exercise to relieve stress? Or are you in the minority who choose less positive methods such as smoking and drinking more?

Of the 2500 Sailors who responded to the 2009 Quick Poll, the overwhelming majority choose working out, running, going to the gym, and playing sports as their primary mode of stress reduction. Research shows that exercise can reduce stress-producing chemicals in the body like cortisol and can increase the feeling of well-being. Exercise can also provide a distraction to stress and redirect attention away from worry and anger; provide social support through team activities; and actually improve your overall health. Sailors also frequently reported using other productive techniques to relieve tension such as thinking of a plan to solve a problem, talking with a friend or family member, and participating in a hobby.

In addition, Sailors reported relieving tension by playing video games, which can actually be a positive or a negative. When played to the exclusion of other responsibilities and relationships, video game-playing can become the problem rather than a release from the problem. But in moderation, video games and other media entertainment can provide a much needed escape from everyday worries.

Some Sailors said they relieve stress and tension by spending rejuvenating time alone or by praying and meditating. Quieting your mind, focusing on being in the present, and slowing your breathing can all work to aid in your meditation or prayer time. One way to slow your breathing is to sit comfortably and breathe in to the count of four – hold to the count of four – and breathe out to the count of four. Always balance the volume of your inhalation and exhalation and pause for a count of two at the end of each full breath.

Stress is a natural part of everyday life. It can push us to reach our personal best but too much can hurt us. The next time you are worried, tense or just frustrated, take a few moments to think about how you can relieve tension in a way that will make you feel better – in the long run.

Welcome to the official blog for Navy Operational Stress Control (OSC).

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OSC Way Ahead

- OSC Program Goals:
  - Continue OSC awareness training
  - Deliver formal curriculum modules
  - Continue alignment of personnel and resources
  - Implement robust OSC Strategic Communications and Marketing plan
  - Focus on Metrics and Assessment

- What OSC needs from you….
  - Embrace the Core Leader Functions
  - Active support – “Walk the Talk”

Questions
or
Comments

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